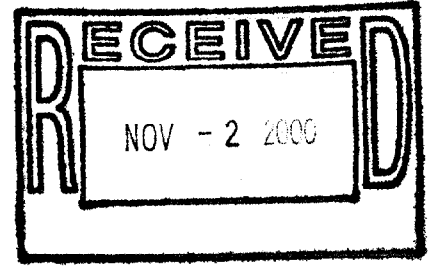


Institute For Alternative HealthSM, Ltd.

1702 West Campbell St • Arlington Heights, IL 60005 • 800/488-3008

October 25, 2000

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C Street, S. W.
Washington, DC 20204



Re: INSTITUTE FOR ALTERNATIVE HEALTHSM, LTD.
1702 West Campbell Street
Arlington Heights, IL 60005-1586
(800) 488-3008

Dear Madam or Sir:

This is a 30-day notification for structure/function claims made with respect to dietary supplements, pursuant to 21 U.S.C. § 343(r)(6) and 21 C.F.R. § 101.93.

The following statement is being made for **Elite Blend Basic Bone Health Silver, Elite Blend Basic Bone Health Gold, and Elite Blend Bone Enhancer**: "Studies show that Calcium and Magnesium maintain bone health."

In all cases, this statement is accompanied by the required disclaimer, "This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease."

I certify that the information contained in this notice is complete and accurate, and that Institute for Alternative HealthSM, Ltd., has substantiation that the statement is truthful and not misleading.

Very truly yours,

Gerald T. Andreoli, D. C.
President

GTA:bjs

975-0162

LET 6160